

SAVING LIVES BY BEING PREPARED

*Qualifying as a **HEARTSafe** Community*



Do you live in a **HEARTSafe Community?**

If someone in your community suffers a sudden **cardiac arrest** tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment?

Now that all cities and towns in Connecticut have enhanced 9-1-1, how many residents and public safety officials in your community can **recognize the symptoms** of cardiac arrest and know how to get help “on the way, right away”?

Who knows **cardiopulmonary resuscitation** (CPR) in your community and is prepared to administer it when necessary?

Where are **automated external defibrillators** (AEDs) located, and who has been trained to use them appropriately?

The answers to these questions could determine whether or not your community qualifies as a **Connecticut HEARTSafe Community.**



The Connecticut Department of Public Health, through its Heart Disease and Stroke Prevention Program, the Office of Emergency Medical Services (OEMS), and in collaboration with the American Heart Association, aim to help Connecticut's cities and towns improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival.

WHY BECOME A HEARTSafe COMMUNITY?

Cardiovascular disease is the leading cause of death in the nation and Connecticut. Approximately 4,500 Connecticut residents die each year due to sudden cardiac arrest. Most of these deaths occur out of the hospital, away from advanced medical assistance and usually happen in the presence of a family member or friend.

Would you know what to do if it happened to one of your family or friends?

The HEARTSafe Community program focuses on strengthening each link in the cardiac 'Chain of Survival'. By taking action you can help save a life in your community.

QUALIFYING AS A HEARTSafe COMMUNITY

The number of Heartbeats required to become a HEARTSafe Community depends on the size of your community. The larger the community, the greater the need, and therefore the greater the number of Heartbeats required. Heartbeats are allocated for a variety of activities to strengthen the cardiac 'Chain of Survival'. To become a HEARTSafe Community you must review the following criteria, complete the enclosed application, and mail or fax the application to the Department of Public Health.

DETERMINING YOUR STATUS

Communities up to 5,000

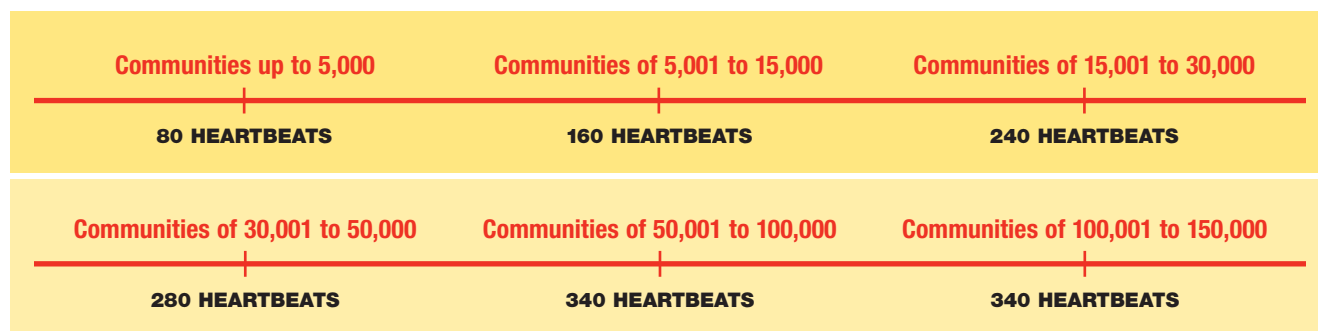
If your community population is 5,000 or less, 80 Heartbeats are required to become a designated HEARTSafe Community. A minimum of forty Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of two training programs* and two AED sites in public locations. In addition, a minimum of 40 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 5,001 to 15,000

If your community population is between 5,001 and 15,000, 160 Heartbeats are required to become a designated HEARTSafe Community. A minimum of forty Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of six training programs* and six AED sites in public locations. In addition, a minimum of 120 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 15,001 to 30,000

If your community population is between 15,001 and 30,000, 240 Heartbeats are required to become a designated HEARTSafe Community. A minimum of 200 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of ten training programs* and ten AED sites in public locations. In addition, a minimum of 40 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.



Communities of 30,001 to 50,000

If your community population is between 30,001 and 50,000, 280 Heartbeats are required to become a designated HEARTSafe Community. A minimum of 200 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of twelve training programs* and twelve AED sites in public locations. In addition, a minimum of 40 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 50,001 to 100,000

If your community population is between 50,001 and 100,000, 340 Heartbeats are required to become a designated HEARTSafe Community. A minimum of 200 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of fifteen training programs* and fifteen AED sites in public locations. In addition, a minimum of 40 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 100,001 to 150,000

If your community population is between 100,001 and 150,000, 340 Heartbeats are required to become a designated HEARTSafe Community. A minimum of 200 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of fifteen training programs* and fifteen AED sites in public locations. In addition, a minimum of 40 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

HEARTBEATS REQUIREMENTS

CPR, CPR/AED training: The minimum number of programs is based upon community population. Ten (10) Heartbeats are awarded for each training program with a minimum of five participants in each program.

Placement of AEDs: Permanent placements in public or private areas where many people are likely to congregate or be at higher risk such as shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, sports complexes, convention sites, long-term care facilities, train and bus stations, and senior centers. Ten (10) Heartbeats are awarded for each location. The AED Heartbeat total is dependent upon the community population.

Designated First Responders: Each community must have a designated first responder with AED equipped vehicles and currently certified CPR/AED trained personnel. Ten (10) Heartbeats.

Advanced Life Support: Advanced life support (ALS) personnel (EMT-Intermediates or EMT-Paramedics) will be dispatched to all ALS medical emergencies. Ten (10) Heartbeats.

Evaluation Process: The community must have an ongoing process to evaluate and improve the 'Chain of Survival'. This involves describing the process by which the community will continue to recruit and train people for CPR and CPR/AED, monitor and maintain AEDs, and possibly expand the availability of training and AED locations.

HOW TO APPLY

- 1... Review the criteria.**
- 2... Complete enclosed application.**
- 3... Mail or fax the application to the Department of Public Health:**

Department of Public Health ▶ attn: Gary St. Amand
410 Capitol Avenue, MS #11 APV ▶ Hartford, CT 06134-0308

EMAIL: gary.stamand@po.state.ct.us

PHONE: 860-509-7581 **FAX:** 860-509-7853

VITAL LINKS IN THE “CHAIN OF SURVIVAL”

Early Access to Emergency Care

- ▶ Bystanders recognize the symptoms of cardiac arrest and call 9-1-1 immediately.
- ▶ EMS dispatchers are equipped with instructions for the caller and can get an Advanced Life Support response vehicle to the scene quickly.

Early CPR

- ▶ CPR is a simple, easily learned emergency procedure used when someone's breathing and heartbeat stop suddenly.
- ▶ When properly administered, CPR buys precious minutes until a defibrillator is available.
- ▶ CPR provides rescue breathing and chest compressions to the victim and is most effective when it is started immediately after the victim's collapse.
- ▶ In many cases CPR alone will not resuscitate the patient, however, it will help to keep the victim's brain and heart supplied with blood and oxygen until medical help arrives.

- ▶ Public knowledge and awareness must be increased so that those trained in CPR will actually use it when it is needed.

Early Defibrillation

- ▶ Defibrillation is the delivery of electric shock to restore the heart's normal rhythm.
- ▶ Early defibrillation is a critical link in the chain of survival.
- ▶ New AEDs are light-weight, sturdy, and easy to use by anyone who has been trained.
- ▶ AEDs should only be used by individuals certified by defibrillation training programs that have medical oversight.

Early Advanced Care

- ▶ Advanced care is delivered by a response vehicle staffed by advanced life support personnel.
- ▶ Medications and oxygen therapy delivered by advanced life support personnel can be critical to the survival of cardiac arrest victims.

CLASSIC HEART ATTACK WARNING SIGNS

- ▶ Recurring chest discomfort, such as tightness, squeezing, fullness or pain.
- ▶ Discomfort or pain in one or both arms, back, neck, jaw or stomach.
- ▶ Shortness of breath.
- ▶ Other symptoms may include breaking out in a cold sweat, nausea, or light-headedness.

PROGRAM HIGHLIGHTS

The HEARTSafe Community program is intended to encourage all communities to strengthen every link in the cardiac 'Chain of Survival' in their community. Heartbeats are earned for CPR training, AED availability, and pre-hospital advanced life support.

Communities must apply through the Department of Public Health, Heart Disease and Stroke Prevention Program, by filling out the appropriate Heartbeat Application enclosed. Community is defined as one of the officially designated 169 municipalities in Connecticut. This application is available through the department website (www.dph.state.ct.us) or by calling the Heart Disease and Stroke Prevention Program at 860-509-7581.

Communities receiving recognition will be entitled to two road signs (18" x 24") promoting your community as a HEARTSafe Community, a certificate and a press release. Bumper stickers and lapel pins are also available. The recognition is valid for a period of three years.



Part of a New England network of HEARTSafe Communities



Keeping Connecticut Healthy

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